



CAREGIVER CONNECTION

Partners In Caring

JULY 2024

Summertime Safety, Sun & Fun!

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Welcome Message From the Executive Director

By: **Bob Scott, CVCJ Executive Director**



I am truly honored and excited to join Caregiver Volunteers of Central Jersey (CVCJ) as the new Executive Director. Over the years, I have admired the unwavering dedication and compassion that our volunteers and staff have put towards supporting our community's caregivers and those in need.

We have an amazing team here at the office, whose hard work and dedication make everything we do possible. I am continually amazed by the incredible efforts of our volunteers, staff, and supporters who have been with us through the years. Your commitment and passion are the backbone of our organization, and I am so proud to be here working with all of you.

Currently, through our Healthy Hop program, we are providing over one hundred rides to doctor appointments for seniors every day. This remarkable achievement is a testament to the tireless work of our staff in both the Monmouth and Ocean County offices. Additionally, our Volunteer Respite, Friendly Visits, Shopping, Handy Andy and Caregiver Canine programs are all thriving, thanks to the dedication and support of our volunteers. These programs make a significant difference in the lives of so many, and I am incredibly proud of the work that has been done.

As we look to the future, our collective efforts will enable us to reach even greater heights. Together, we can continue to make a significant difference in our community.

Thank you for your warm welcome and for your ongoing support of CVCJ. Let's continue to make a positive impact, one caring act at a time.

Driven by a Vision to Bring Dental Care to Those in Need!



At the core of every community, there are often unrecognized heroes whose dedication quietly but profoundly transforms lives. **Dr. Stu Rubin** is one such hero, whose journey into mobile dentistry was sparked by a personal experience and a commitment to serve those who are often overlooked. Dr. Rubin's path into mobile dentistry began when his father-in-law suffered a stroke that left him homebound and unable to access essential dental care. This experience highlighted a significant gap in healthcare for seniors who struggle to leave their homes for medical appointments. Recognizing this need, Dr. Rubin took action.

Driven by a vision to bring dental care directly to those most in need, Dr. Rubin founded **Dental Home Services**, a mobile dental practice. This innovative approach not only ensures that seniors receive necessary dental treatments but also eases the logistical challenges faced by their families.

Dr. Stu and Dr. Lindsay from Dental Home Services

Cont'd on next page.

Inspired by her father's initiative, **Dr. Lindsay Rubin** decided to follow in his footsteps. She pursued dental education at Tufts University and gained firsthand experience in geriatric dentistry by shadowing her father on his mobile routes. "I saw firsthand the impact my dad was making in our community, especially for seniors who couldn't easily access dental care," Lindsay shares. "Bringing that care directly to their homes is incredibly rewarding. It's about more than just treating dental issues; it's about supporting their overall well-being."

Dr. Lindsay Rubin not only continues to practice homecare dentistry but also actively imparts her expertise and compassion to new associates joining Dental Home Services. Recognizing the unique challenges and rewards of providing dental care in seniors' homes, she emphasizes both technical skill and empathy in her teaching approach.

For Dr. Lindsay, teaching begins with instilling a deep understanding of the specific needs of elderly patients. She emphasizes the importance of patience and sensitivity when interacting with seniors who may have physical limitations or cognitive impairments. Understanding their backgrounds and health histories is crucial in tailoring dental treatments effectively.

Compassion is at the core of Dr. Lindsay's teaching philosophy. She encourages associates to see beyond the dental procedures, emphasizing the significance of building trust and establishing meaningful connections with patients and their families. This approach not only enhances patient care but also contributes to the overall well-being and dignity of the seniors they serve. Her commitment to teaching ensures that the legacy of compassionate, high-quality care continues to thrive within the practice, benefiting seniors and their families across the community.

Dental Home Services specializes in providing compassionate care to patients with Alzheimer's or Dementia, ensuring their oral health needs are met comfortably and effectively. The dentists understand the unique challenges these patients face and tailor services to accommodate specific needs, offering gentle treatments such as routine check-ups and cleanings to more complex procedures like fillings, extractions, dentures, and even X-rays. Everything can be done directly in the patients' familiar environment. This innovative approach ensures access to essential dental care, even to those bedbound or limited to a wheelchair.

For families, the Dental Home Services offers peace of mind, knowing their loved ones receive professional care without the stress of transportation logistics. It's a comprehensive approach that addresses both the physical and emotional needs of elderly patients and their caregivers.

Dr. Rubin's dedication serves as a beacon of hope in the healthcare community. His response to a personal challenge has filled a critical gap in dental care and exemplifies compassion and innovation. As Dental Home Services continues to expand, Dr. Rubin and Dr. Lindsay are poised to touch more lives and make a lasting impact on seniors' well-being in their community.

In an evolving healthcare landscape, Dental Home Services stands out as a testament to empathy, determination, and commitment to serving those in need. Through their efforts, countless seniors are experiencing improved oral health and greater comfort in the familiarity of their own homes.

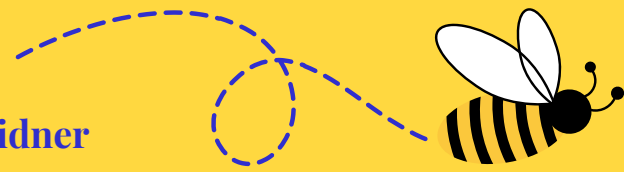
For more information, please visit DentalHomeServices.com or call (800) 842-4663.

Thank you, Dr. Stu and Dr. Lindsay from Dental Home Services for your continued support of CVCJ!



What's All the Buzz?

By: CVCJ Board Member, Kelley Weidner & Dave Weidner



Honey bees play a crucial role in our ecosystems and food supply. They are prolific pollinators, responsible for the fertilization of a vast array of crops, from fruits and vegetables to nuts and seeds. This process not only ensures food security by contributing to the production of one-third of the food we consume but also maintains the biodiversity of plants, supporting entire ecosystems. The decline of honey bee populations due to factors like pesticide use, habitat loss, and diseases threatens these essential ecological functions, making their preservation vital for environmental health and agricultural sustainability.

Purchasing local raw honey is a practical step individuals can take to support honey bee populations and reap health benefits. Local beekeepers tend to practice more sustainable and bee-friendly methods, fostering the health and survival of bee colonies. Additionally, raw honey, unlike its processed counterpart, retains natural enzymes, antioxidants, and nutrients that can boost immunity and offer therapeutic benefits. By choosing local raw honey, consumers not only enjoy a superior product but also contribute to the local economy and the environmental effort to protect these indispensable pollinators.

Nestled in the heart of Ocean County, **Garden State Apiaries** is dedicated to both honey production and pollinator health. Family-owned and operated, by **Dave and Kelley Weidner**, the bee farm prides itself on sustainable beekeeping practices that prioritize the well-being of their bee colonies. They avoid using harmful pesticides, cultivate diverse flowering plants, and create habitats that support bees throughout the year. By producing raw, unfiltered honey, Garden State Apiaries ensures that every jar is rich in natural nutrients and reflects the unique flavors of the local flora. Their commitment goes beyond honey; they engage in educational outreach, teaching the importance of pollinators and how everyone can contribute to their conservation.



The Weidners started beekeeping, around 10 years ago, out of a deep fascination with nature and a desire to contribute positively to the environment and to their community. After learning about the critical decline in bee populations and their essential role in agriculture, Dave felt compelled to take action. His initial curiosity quickly transformed into a passion as he immersed himself in books, workshops, and hands-on experiences. Dave enrolled and successfully completed the Penn State University EPIQ Program, which teaches beekeepers how to improve honeybee survival and increase sustainable beekeeping. Beekeeping has offered a unique blend of science, artistry, and environmental stewardship, providing an opportunity to transform the Weidner's backyard hobby into a buzzing business.

For more information about Garden State Apiaries and local honey products, visit their website at www.NJHoneybees.com or follow them on Facebook & Instagram!



Health Benefits of Honey

Honey is rich in nutrients and antioxidants, has antibacterial properties, and can play a role in diabetes management as part of a balanced diet. But that's not all...

The product also has several potential health benefits and plays a role in many home remedies and alternative medicine treatments.

Here are 5 unique health benefits of honey:

- **Contains a variety of nutrients.** Rich in health-promoting plant compounds known as polyphenols.
- **Rich in antioxidants.** Antioxidants help neutralize cell damage that can cause conditions like premature aging.
- **Better for blood sugar levels than regular sugar.** Researchers have found that honey may increase adiponectin levels, a hormone that reduces inflammation and improves blood sugar regulation.
- **May improve heart health.** Honey has been linked to beneficial effects on heart health, including reduced blood pressure and blood fat levels.
- **May help suppress coughing.** Honey can act as a natural and safe cough suppressant. Some studies show that it's even more effective than certain cough medicines.



Watermelon Juice with Honey... A Sweet Healthy Treat!

Watermelon one of the most hydrating foods you can eat—it's as much as 90% water. But watermelon also provides potassium, which means it replaces electrolytes, too. In addition, watermelon is rich in iron, and vitamins A and C, lycopene, and potassium. Add a spoonful of raw honey & a pinch of salt to boost your electrolytes!

Prep Time 10 min

Servings 6 cups

INGREDIENTS

- 8 cups watermelon cut into 2-inch cubes, from one 5-lb seedless watermelon
- 1 teaspoon raw honey
- 1/2 teaspoon kosher or sea salt
- 1 - 2 sprigs fresh herbs, such as mint or basil optional

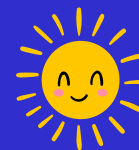
INSTRUCTIONS

- Place a fine mesh strainer over a large bowl and set aside.
- Place watermelon, honey and salt in a blender. Blend on high until no chunks remain. Depending on the size of your blender, you may need to do this in two batches. Pour into the strainer and press the pulp with a wooden spoon to extract all of the juice.
- Pour the juice into a container with a tight-fitting lid. Chill. When ready to serve, shake vigorously (because it tends to separate) and serve with a sprig of herbs, if using.



RECIPE NOTES

Prefer a watermelon juice with more texture? Skip the straining step. Or freeze the watermelon pulp, a good source of prebiotic fiber, to use as the base for your next smoothie.



According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body.

This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. Which is why seniors suffer from heat stroke in the summer more often than younger people.

Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Here are some tips to keep seniors safe and healthy in the rising temperatures of the summer months.

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

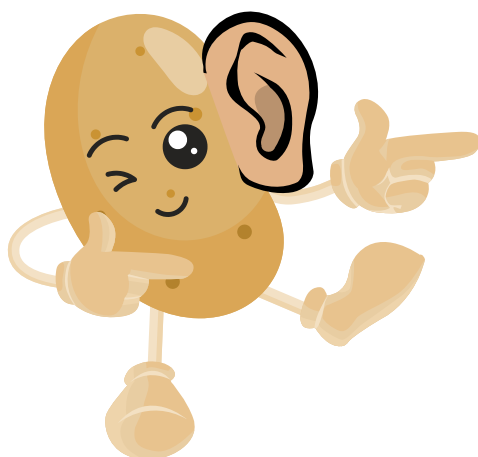
Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

“Clean The Potatoes Out Of Your Ears!”



"Clean the potatoes out of your ears!" It's been a long time since I heard that phrase, but this topic made me think of it and chuckle. But honestly, hearing loss is nothing to laugh about or dismiss.

Did you know that hearing loss can pose an increased risk of dementia? 1 in 4 people 65-74 and 50% of those 75+ have hearing loss. On average, a senior with hearing loss can cognitively decline 30-40% faster than someone without hearing loss. This happens for a few reasons. First and foremost, if your brain is always busy trying to figure out sounds that are a struggle to hear you don't use as much of your brain power on memory or thinking.

Second, the areas of your brain that are in charge of hearing can shrink up from under use. And third, folks with hearing loss tend to withdraw from opportunities for socialization and engagement because it's such a hassle to communicate with others. Not being able to hear well can increase stress, depression, anxiety, paranoia, puts someone at a greater risk of falls and is often confused with signs of dementia. So if your TV volume needs to keep going up, it might be time to get checked out. By a doctor. Not a potato farmer.



**By: Julia Fraser, BA, MPA, CALA, CDP
Caregiver Respite Program Manager**



IS PROUD TO SUPPORT

Caregiver Canines®



Caregiver Volunteers
of Central Jersey

We are honored to support such an amazing organization
that serves our community.



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CVCJ Out & About Dancing with Their Stars 2024



A special thank you to our Sponsors, Dancers, Judges, Supporters, Gift Auction Donors & Attendees for making this event a huge success!



Thank You To Our Sponsors

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Handy Andy Salsa Imperial Healthcare The D'Onofrio Foundation, Inc.	Handy Andy Salsa Imperial Healthcare The D'Onofrio Foundation, Inc.



The Love of Music Brings Joy To Seniors



Music is the universal language; it brings people together. At Caregiver Volunteers of Central Jersey music is the major component of the Connect Thru Music program. The program is an amazing gift our volunteers bring to their receivers in their homes. This communication through music creates a bond between these two individuals.

Sharing the music of their time, our receivers come alive...sharing, remembering and creating a whole new wonderful relationship. The Connect Thru Music program is in private homes, assisted living facilities, senior centers and adult day care programs. Our volunteers are high school students, adults, other seniors...all sharing the music and giving joy and light to life. Here is just one of the many beautiful matches made through this amazing program!

Grace is a high school student volunteering for CVCJ participating in the Connect thru Music program. Grace visits a resident, Marie, at the Brandywine Living at Reflections site, on a weekly basis. This is, in Grace's own words, her experience.

"My adopted grandparent is Marie. Marie has dementia, she is legally blind and easily distracted by background noises. She was standoffish and unwilling to engage the first time we met. She literally asked me to leave her alone. I left that afternoon feeling I was in way over my head. How could I connect with someone who refuses to talk to me?

I did not give up on Marie. I returned and after a while my perseverance paid off. "Rocket Man" by Elton John is the song that led to our breakthrough.

That song led to our discussions about the Yankees. The excitement spread across her face as she was instantly reminded of when she attended baseball games with her father, when she was a little girl. She has since called me her "best friend", and reminds me at the end of each visit, that she will miss our time together.

Even though I am only one person, I take great pride in the many lives that I and my club members have touched."



Marie & Grace

**Thanks For The
Difference You Make!
Because of you...**



- **SOMEONE** will have groceries in their cupboard.
- **SOMEONE** will receive medical care.
- **SOMEONE** will have a friendly visitor.
- **SOMEONE** will be able to pet a new furry friend.
- **SOMEONE** will get much needed relief from their caregiver responsibilities.
- **SOMEONE** will listen to their favorite childhood song.
- **SOMEONE** will know there is at least one person in this world who cares.

This world is a better place because you are a volunteer or a supporter of CVCJ, and we thank you for it!

Thank you To Our Generous Supporters

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Women's Club at River Pointe
William Reulbach
Wintrode Family Foundation
Harvey York
Gene Young

Please Help Support Our Mission!

Your generosity helps us continue providing vital services to our community's seniors. With your donation, we can keep our programs like, Healthy Hop (Transportation) Handy Andy, Volunteer Respite, Friendly Visits, Shopping, and Caregiver Canine Therapy, thriving and growing.

Scan the QR code to donate now and make a difference today!
or go to <https://caregivervolunteers.org/giving>
Feel free to call us if you would like us to help or
send you a remittance envelope.

Thank you for your support!



For Helping Keep our Seniors Connected!

In Memory of:

Thomas Accomando
Anthony Anastasi
Gladys M. Baldwin
Peter Bange
Michael Barone
Frank Barth
Ed Basile
Tommy Bernardi
Mary Bibbo
George Brungard
Louis Buesser
Elaine Burger
Rocco Campanelli
Antino Carola
Walter Carroll
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Cathy Cotta
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Hilda Zicarro

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Lawrence Besmer
Mary Bovich
Natividad M. Canto
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The Pacicca Family
The Piscitelli Family
Vincent Trafficante
Bruce & Lillian Verner
Vietnam Veterans
Ruth Weir
Gene Young
Grace Young

In Lieu of Flowers...

**We offer our sincere condolences
& gratitude to the families of:**

Ruth Eby
Mary M. Hartigan
Diane P. Hurley
Margaret Kerr
Robert McGovern
Jeannette Post
Giovanna Sciorilli

**for designating Caregiver Volunteers to
receive donations in lieu of flowers.**





Caregiver Volunteers of Central Jersey
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SAVE THE DATE

*Caregiver Volunteers
of Central Jersey's*



**Volunteer Appreciation
Interfaith Service & Dinner**

**Thursday,
September 12, 2024**

**Interfaith Service: 4:45pm
Dinner Immediately Following**

Hosted By:

**The Church of St. Martha
3800 Herbertsville Road
Point Pleasant, NJ 08742**



*Thank
you!*

Invitation to follow